

AMERICAN RED CROSS
WATER SAFETY INSTRUCTOR (WSI) COURSE
JUNE 2010

The Southeast Minnesota Chapter American Red Cross is holding a Water Safety Instructor (WSI) course. In this just revised program, students who successfully complete the course will be able to teach American Red Cross swimming lessons. Please review the following details if you are interested in becoming a WSI.

PREREQUISITES:

- 16 years of age by the end of the course. Proof of your age (such as a valid driver's license) is required at registration.
- Have a Fundamentals for Instructor Training (FIT) certificate. (FIT will be offered as part of the class.)
- Successful completion of the pre-course swimming skills test.

Skills Test: You must demonstrate swimming skills consistent with the stroke performance chart (WSI manual Appendix B) for Level 4:

1. Front Crawl 25 yards
2. Back Crawl 25 yards
3. Breast Stroke 25 Yards
4. Elementary Backstroke 25 yards
5. Sidestroke 25 yards
6. Butterfly 15 yards
7. Maintain position on back for one minute in deep water (float or scull)
8. Tread water for one minute

It is recommended that participants use their textbooks to help them practice their swimming skills in a pool on their own before the first day of class.

FEES: \$178.00- fee includes all textbooks, training material, and FIT course.

REGISTRATION: To register, please stop by the Red Cross office. No phone registrations will be accepted. You must pay in full when you register. Please bring a driver's license or some proof of age upon registration. The textbooks will be picked up at this time. **There is a required reading assignment that must be completed before the first day of class.** If you have any questions, please call the Red Cross at 507-287-2200.

CERTIFICATION REQUIREMENTS: You will have reading and written assignments each day of the class. Candidates must successfully complete four practice teaching assignments and score at least 80% on a 50 question written exam.

REQUIRED ASSIGNMENT BEFORE THE FIRST DAY OF CLASS: Candidates must read/review the following:

- Swimming and Water Safety Manual: Chapters 1-9
- Water Safety Instructor Manual: Chapters 1-9, Appendix B

ATTENDANCE AT ALL CLASS SESSIONS IS MANDATORY!

Fundamentals of Instructor Training Session:

- **Monday, June 14, 8:00 a.m.-12:30 p.m.** at the Red Cross Office, 310 14th St. SE

Precourse Session:

- **Monday, June 14, 1:00 p.m.-5:00 p.m.** at the Rochester Recreation Center, 21 Elton Hills Drive NW

Pool and Classroom Sessions:

- **Tuesday, June 15, 8:00 a.m.-5:00 p.m.** at the Rochester Recreation Center
- **Wednesday, June 16, 8:00 a.m.-5:00 p.m.** at the Rochester Recreation Center
- **Thursday, June 17, 8:00 a.m.-5:00 p.m.** at the Rochester Recreation Center